

"You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward"

Amelia Earhart



ROLES AND GOALS

Are you a husband? wife? mum? dad? brother? sister? son? daughter? Maybe you're an uncle, grandpa, nan? What's your role at work? Do you have a community role? How about your role as a friend? a neighbour? a citizen? Write some roles that most matter to you and goals for each role

MY GOALS

AS A

I'm aiming for:

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2.
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4.

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